

A person stands on the peak of a dark, jagged rock formation. The background is a vibrant night sky with a deep blue and purple gradient, featuring a bright, glowing band of the Milky Way galaxy stretching across the upper half. Below the rock, a misty or snowy landscape with distant mountain ranges is visible under the colorful sky.

A Healing Path
for the Homosexual & Bisexual

Dr. David Kyle Foster

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by Dr. David Kyle Foster

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Spiritual Transformation

As with any obsessive or addictive behavior, you must *want* to change before permanent healing can take place. The desire to change will be imparted to you as you enter into a continuous, intimate relationship with the loving Father who created you. As you learn from Him, and become intimate with Him, He will supernaturally impart emotional health to you. He will bond with you. He will become the father or the mother you never had. He will deliver you, over time, from the negative mental and emotional consequences of childhood molestation, neglect, or whatever else has been the source of your dysfunctional development.

This is not a quick and easy recipe. It is not a magic pill that you can take for instant healing. It requires the development of a personal relationship with God the Father, made possible through the saving work of His Son, Jesus Christ, who died for you and paid the penalty for the sins of all who would come to Him and receive Him as Lord and Savior.

Like any other relationship, it will take time for you to really get to know and appreciate the Father (who already knows and loves you). As you pursue your relationship with Him, God's Holy Spirit will show you how to let go of your incorrect, negative assumptions about the Father and all the wrong associations that you have made between Him and your earthly father. You will learn how to trust God completely. You will discover how to commune with Him, how to listen to Him and receive His direction for your life. These are all things that will take time—probably years—but every day that you spend in pursuit of Him will be another day of healing. God has *promised* that if you seek Him with all your heart, He will be found by you and will reveal Himself to you (see Jeremiah 29:13-14).

God will give you the strength you need, when you need it. He will give you *everything* you need, when you need it. But it all revolves around the intimacy that you develop with Him and the diligence and

hunger with which you pursue Him.

As you focus on developing that intimacy with Him, God will begin the process of healing those things that caused you to go astray, including your own sinful, self-will. You see, your will is transformed through direct and repeated experience of God's grace, which writes God's law on your heart, making it your delight and causing you to love Him at deeper and deeper levels.

Even though the full range of healing will be a process, it is possible to be immediately and permanently set free from the ingrained habit of sexually "acting out" with others. It is not uncommon for someone who has been enslaved to homosexuality to be instantly delivered from the *compulsion* to act out their homosexual desires as soon as they trust Jesus as their Lord and Savior and ask God for deliverance with childlike faith.

Once you have received the power of the Holy Spirit—which Jesus will give to anyone who asks (see Luke 11:13), you will then have a force at your disposal that is greater than any power in the universe—indeed, that is far greater than all of the other powers in the universe combined! It is that force—that mighty *river of living water* that surges through the inner being of every believer (see John 4:10,13-14; 7:37-39)—that will deliver you from any power that has compelled you to sin. That is, if you want Him to, He will set you free from those things. Now that you belong to Christ, no other power can force you to do anything, unless you give it ground to do so through disobedience (see John 14:30; 1 John 2:10), a love for sin (see Psalm 52:3; 2 Thessalonians 2:12; James 4:4; 1 John 2:15), a self-righteous attempt to make yourself holy, or a lack of desire to be free (see Revelation 3:15-16).

Even with the uncontrollable compulsion conquered, you will, however, still retain memories of pleasures past and probably some degree of desire for homosexual relationships. More healing still lies ahead—healing of the brokenness that made you

vulnerable to fixing your hope in the creature rather than the Creator (see Romans 1:25) and that catapulted you into a frenzied search for pleasure to help you escape the painful experiences of your life.

Some temptations give the appearance of being overpowering and unconquerable when they're not. Satan likes to bluff. For example, if sexual memories suddenly assault you with great power, and out of the blue, that is a sign that they are being fed into your mind by demonic powers. In response, you should speak to those powers by telling them to leave you in the name of Jesus Christ, and to go where Jesus sends them. If you know your authority in Christ, believe it, and really want them to leave, they will have to obey.

On the other hand, some temptations will originate from within your own heart (see Mark 7:21-23) as a result of your own careless or rebellious choices. For these, you will be able to see a trail of poor decisions leading up to the temptation. The response to these kinds of temptations should be one of humble repentance.

It is imperative to keep in mind that it is God's power working in and through you that will be the overcoming force in your life (see Philippians 2:13). Therefore, your attention must be primarily focused on Jesus Christ so that you are in a position to receive the continual impartation of His life. It is His life, His righteousness, and His power that you need—not your own efforts at achieving righteousness. Your own self-empowered efforts to become righteous are an abomination to God. They will all be burned up at the judgment seat of Christ, when nothing will survive that He hasn't built into you by His design and with His hand (see 1 Corinthians 3:10-15). When you have learned to come before His throne of grace daily to receive His power, direction and healing, marvelous things will begin to happen.

God wants you to be so intimate with Him that you literally take

on the mind and the behavior of Christ (see Romans 13:14; 1 Corinthians 2:16; Galatians 3:27.) He promises that if you walk by the Holy Spirit, you will not carry out the desires of your flesh (see Galatians 5:16). It is clear that it is in the shelter of our personal relationship with God that we will see victory over the sins and enticements of our past.

This is what I call the “mystery of holiness” - that in intimacy and communion with the Father, we receive into ourselves His will, His purity of thought and desire, the fullness of boundless love, the ability to trust, the wisdom to act rightly, and the completion of our personhood—our healing.

The Sin Aspect

For those of you who have believed that God made you gay, who have identified with that label and justified that lifestyle, it may take a while to come to the place of admitting the length and breadth of your sin guilt. However, it is imperative that sooner or later (the sooner the better), you confess your sins and truly repent of your sinful behavior—at every level. There will be no permanent healing of any kind, including salvation, without genuine repentance. This turning from sin must include not only the overt sinful acts that have been committed over the years, but also the various “sins of response” that you have committed toward the people who were involved in the emergence of your broken sexual identity. God will help you forgive those who have hurt you (see Matthew 6:14-15) and empower you to do so.

Until now, your body (or someone else’s) has been your God, your emotions have been your king, and your feelings have been your slave master. Now, they must stand on the unchangeable truth as revealed by God in His Word, even if every feeling, every emotion and bit of every physical evidence appears contrary. In fact, at some point in your life, God will go out of His way to make certain that every feeling, emotion and evidence appears contrary to the truth, so that you learn to trust Him no matter what (see Deuteronomy 8:2-3).

In the healing process, you must learn to turn to God for His power to defeat idolatry (see Romans 1:18-27) and rebellion (see 1 Samuel 15:23), and agree with God that sexual behavior outside of monogamous, heterosexual marriage is wrong. The sexual inclination toward members of one’s own sex is not the sin. It is the embracing and acting out of those diseased inclinations that is wrong.

Self-pity is another obsession common to the homosexual that must be renounced. Self-pity and narcissism are deadly to

honesty. Self-pity is the fruit of what Leanne Payne calls the “disease of introspection” whereby an obsession with self causes you to examine your interior thoughts and motivations continually (“Why did I do that?” “Why did I think that?”) and crucify yourself with the evidence. This can have the appearance of contrition or repentance, but is in fact an obsession with self and a refusal to accept the power, grace and freedom that God has offered.

You must sit before God and allow Him to bring conviction to the various sins, both hidden and overt, that you have been committing. He will bring them to light, one by one, as you are able to recognize and renounce their evil. He will bring conviction as you read His Word, as you go for prayer at church, home group or conference altar calls, as you listen to sermons or counsel from fellow believers, even as you sing love songs to Him alone. He will do so little by little, so that you do not despair of the enormity of the task (see Exodus 23:29-30; Deuteronomy 7:22-23).

Some of your sins have been actions and behaviors; others have been wrong beliefs. Some have been mental fantasies, and still others have been interior attitudes, affections and decisions. Some sins have been personal and willful; others have been the outworkings of original sin and inherited family-line curses. All sin has involved a misdirected heart and its fallen loves. It is a complicated matrix that only God can unravel.

As long as we doggedly pursue a love relationship with Him, He will expose the hidden things of darkness and empower new, godly choices. As we gaze upon the glory of the Lord, we will be transformed into His likeness (see 2 Corinthians 3:18).

Recognize and acknowledge, *daily*, your absolute need for God’s power to transform your heart. Even more, recognize and acknowledge God’s pronounced desire and willingness to forgive and

to heal you—based on the grace won for you by Jesus’ sacrifice on the Cross.

Take the steps of faith necessary to replace the incorrect associations that you have made between the personality and actions of your earthly father and the character and love of your heavenly Father. Toward that end, practice the presence of God the Father throughout each and every day and receive into your spirit the awareness of the inescapable reality of His *unconditional* love for you.

Always be careful to recognize the immediacy of His forgiveness, at any time, for any reason, for as many times as you sin, no matter what the sin. And since you must *want* to change before permanent healing can occur, ask the Lord to increase your *will* to change.

Give place for God to work righteous anger in you. Get angry over the destruction Satan has wrought in your life through your sinful behavior and those things that continue to tempt you. Satan is trying to kill you and everyone you love. He’s trying to destroy the purpose of your life. He’s trying to rob you of a deep and intimate relationship with your Creator and the joy and fulfillment of life that that brings. Rehearsing those facts at the point of temptation will help to keep you from repeating those same sins again.

Renewing Your Mind

Your mind is like a computer in many ways. It responds according to the information and emotional patterns that have been programmed into it. For example, if you put a five-year-old in front of a television set and let him watch commercials for ten hours a day, what songs do you think he will be singing, and what items do you think he will want at the store? When Dr. Pavlov rang a bell before feeding his dogs, it didn't take long before the dogs would salivate at the mere sound of the bell—not at the sight of the food.

If you've been feeding your mind with homosexual pornography, using it for masturbation, engaging in homosexual activity, and repeating other behaviors that reinforce a homosexual predilection, how long do you think it will take for your mind and body to stop responding homosexually? All things being equal, it should take about as long as the time you have spent developing and reinforcing the first condition in order to bring you back to ground zero so that you can begin to learn new behavioral responses.

Unfortunately, all things are not equal in this equation. The most significant inequity is that the development and reinforcement of your homosexual behavior probably took place during your formative and young adult years—years that have an inordinately powerful effect on the behavioral course of your entire life.

I do not want to paint a Pollyannish picture of your transformation from homosexual orientation to heterosexual. It will be rough. It will humiliate your spirit. It will humble your soul and deprive your body of things that it craves. At times, it will seem utterly impossible! Indeed, without a full-fledged partnership with Christ, you will be able to do *nothing* that will last (see John 15:5).

You see, up until now, your body has been your god. Your emotions have been your king. Your feelings have been your slave master. And through your sin, Satan has brought his power to bear for your destruction. But now you have one Master. His name is Jesus Christ. And He will have no other gods before Him (see Exodus 20:3)—not Satan, not your mind, not your will, not your emotions, not your feelings and not your programmed behaviors.

So pick up your cross and die to self and Christ will raise you to a life of unimaginable passion and glory. He's offering you beauty for ashes. He's offering you His hand in marriage. And although there will be trials in this life, they cannot compare with the glory that is to be revealed for those who love Him (see Romans 8:18; 2 Corinthians 4:17).

The length of your transformation process generally depends on a number of key factors, any one of which God may give grace to overcome earlier than one would expect in the natural course of things:

- the age at which you began feeding your homosexual inclination
- how long you've been engaged in homosexual activity
- the number of issues that have contributed to your homosexual confusion
- the number of times you have committed homosexual acts,
- how deeply you were involved in it (the variety and depth of activity)
- the intensity of your desire to change
- the degree of faith with which you hold on to God's promises
- the depth of your love and commitment to Jesus
- the degree of your willingness to be faithful to God's will and direction
- the degree to which you can keep the perspective that it is God working in you to bring permanent transformation
- the amount of time you spend seeking God in prayer and crying out

to Him for help.

You can see from this list how imperative an intimate relationship with God is for anyone who is trying to be healed and to live a righteous life. That's why I earlier referred to it as the "prime directive" of life. God rewards those who diligently seek Him (see Hebrews 11:6), and He is capable of transforming your affections and reviving your true heterosexual identity despite the many years of homosexual programming that may be behind you.

The good news is that all power and authority in heaven and on earth has been given to the One who wants to change you (see Matthew 28:18); that His purpose in coming to earth was to destroy the work of the enemy (see 1 John 3:8); that He has given *all* who follow Him authority to overcome *all* the power of the enemy (see Luke 10:19); and that even those things that seem impossible to you are possible with God (see Luke 18:27).

Just keep in mind that God is focused on the intention of your heart—how much your desire to pursue holiness is *a response of love* for Him. We tend to look at our progress with performance-oriented, perfectionist eyes, and imagine that God is terribly disappointed when we don't change as quickly as we think we ought. In truth, there are some who will leave the homosexual lifestyle too late in life to realize a significant turnaround in their orientation. The number of their remaining days on this earth is simply not enough to cover all the ground (see Psalm 139:16). However, as they pursue that goal anyway, God is as pleased with them as He is with those who see a complete reversal of orientation. He's not looking for those who achieve perfection. That is impossible. He is looking for those who continuously and genuinely *aim* for perfection (see 2 Corinthians 13:11) and press toward the mark of the high calling in Christ Jesus (see Philippians 3:12-14). He's looking for people who will believe that He is able to renew their minds (see Ephesians 4:23; Romans 12:1-2; 13:14; 1 Corinthians 2:16; Galatians 3:27; Philippians 4:8;

Colossians 3:2; 1 Peter 1:13-15).

As you “clothe” yourself with Christ *by faith*, that is, by being sure of what you hope for and certain of what you do not see (see Hebrews 11:1), you will realize more fully that you have been mystically joined to Him as His Bride, the Church, and you will express adoration for your Bridegroom in regular worship. As you worship Jesus Christ in this way, you receive into your mortal body the continual impartation of His life (see 2 Corinthians 4:10-11; Colossians 3:1-3) and you are transformed into His likeness (see Romans 8:29; 1 Corinthians 15:49; 2 Corinthians 3:18). The Lord is our life (see Deuteronomy 30:20).

You will also take on His life by regularly “feeding” on the Word of God (see Hebrews 5:12-14; Matthew 4:4; Deuteronomy 8:3; Job 23:12; Psalm 119:103; Jeremiah 15:16). As you practice the presence of Christ—the Word made flesh (see John 1:1,14) - and feed on His living Word, the Scriptures (see Hebrews 4:12), you will receive your daily portion of his life-giving presence (see John 6:32-35).

You also become more united with Christ by spending time with other believers, finding reinforcement from their ministry, exhortations and encouragements.

Eventually, having “clothed yourself with Christ,” you experience the cleansing effect of serving others. There is no better way to forget yourself and to bring down the blessings of God than that.

Guarding Your Heart and Mind

Since it is God's power working in and through you (see Philippians 2:13) that overcomes the enemy, one new habit that you *must* acquire is the habit of turning to Jesus for His power. This goes against the self-sufficient, independent spirit of our culture, and so must be deliberately rehearsed. You must *practice* your weakness (see 2 Corinthians 12:9-10; 13:4) in concert with believing in God's power to keep you from falling (see Jude 24; Psalm 37:23), and add to that obedience to whatever the Lord might tell you in the moment of temptation.

One of the promises that God gives believers in the Bible is that “the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus” (Philippians 4:7, NASB). The peace of God that you receive during your times of intimate daily communion with Him provides protection for your heart and mind. Something wonderful occurs in the midst of intimacy with God—a changing of perspective from earthly to heavenly, from temporal to eternal (see Romans 8:5b). You will begin to see fleshly sin and temptation as the ridiculous fraud that it is. In your wonder and awe at the things that the Father begins to show you in prayer, the stark evil of this world system is unveiled and the strong pull of temptation wanes. God imparts wisdom and perspective, and in the midst of this truth, you are set free from bondage to sinful habits and patterns. You begin to see with the eyes of the heart (see Ephesians 1:18-21) and gain new perspective on the matter of self-control.

You will repeatedly be faced with the choice between loving Jesus or some sinful challenger. Your decisions will make evident who or what you love more, despite your claims and protestations to the contrary (see Luke 6:46-49; John 14:15,21,23.) What you should want, of course, is a growing consistency in choosing the Lord and His kingdom.

Time and again, God has shown me areas in my life where I have fooled myself into thinking that I wanted deliverance, when in fact I really didn't want it at all. I had merely been spouting words that I knew God wanted me to say—with no true desire for deliverance. I enjoyed the sin too much. I loved the pleasure and temporary comfort that it brought me. Only when I prayed for God to truly give me the desire to be freed from my love for the sin, did I begin to see deliverance.

It is primarily at the point of “will” and “desire” that God expects you to participate in your healing and deliverance and that is where you face your greatest problem. As a fallen human being, you have neither the will nor the desire to obey God. Neither do you possess the power. The only way to obtain the will, the desire, and the power is by way of the “prime directive” - by entering into a close relationship with God. Then you will begin to love what He loves, desire what He desires and will what He wills. In that union, you can also become a conduit of His power over sin (see James 4:7; 1 Peter 5:9).

Some of you may be saying to yourselves: What if I don't even have the desire or will to enter into this intimate relationship with God? The answer is simple. Simply ask Him to give you that missing will and desire. As long as you are honest with Him, God will always meet you where you are and take you where you need to be. He is a gracious and wonderful Father. So ask and keep asking, for He rewards those who *earnestly* seek Him (see Hebrews 11:6).

One problem that many of us have is that we ask without faith. Our faith is more of a wish, an empty, “I'll believe it when I see it” hope. It is not biblical faith or biblical hope. Let's look at a series of promises from God's Word to see just what He has promised about answering our prayers. Note the particular conditions found within each promise.

But seek first His kingdom and His righteousness, and all these things

[referring to the basic needs of life] *will be given to you as well.*

(Matthew 6:33)

*Ask and it will be given to you. . . . Everyone who asks receives. . . .
How much more will your Father in heaven give good gifts to those
who ask Him!*

(Matthew 7:7a, 8a, 11c)

*My God will supply all your needs according to His riches in glory in
Christ Jesus.*

(Philippians 4:19, NASB)

*This is the confidence we have in approaching God: that if we ask
anything according to His will, He hears us.*

(1 John 5:14)

But when he asks he must believe and not doubt.

(James 1:6a)

*Whatever you ask for in prayer, believe that you have received it,
and it will be yours.*

(Mark 11:24)

*If you abide in Me and My words abide in you, ask whatever you
wish, and it will be done for you. My Father is glorified by this, that
you bear much fruit, and so prove to be My disciples.*

(John 15:7-8, NASB)

*You do not have because you do not ask God. When you ask, you do
not receive, because you ask with wrong motives.*

(James 4:2d-3b)

*I will do whatever you ask in My name, so that the Son may bring
glory to the Father. You may ask Me for anything in My name, and I
will do it.*

(John 14:13-14)

Since you must embrace the whole counsel of Scripture, and since Scripture interprets itself, you can understand God's promise to answer prayer only in light of the combination of the

conditions found in these passages. Seen together, they tell us that certainty in prayer comes

- when you are in an abiding (lasting and intimate) relationship with Him**
- when you are seeking first His kingdom and righteousness**
- when you are asking for "good gifts" (by God's definition)**
- when you are asking for something that you need (as opposed to something you merely fancy)**
- when you are asking according to His will**
- when you are asking with faith**
- when you are asking with godly motives**
- when you are asking "in His name" (by His power, authority and according to His character)**

.... then, He will supply all of your needs, as well as certain unnamed “good gifts.”

But you must ask with real faith—a knowing that is so certain that you are already assuming, even as you ask, that your prayer is being answered in the affirmative. That means He has already spoken to you, (either through your intimate communion with Him or through His Word). Then, the ultimate purpose for answered prayer is realized - to bring glory to the Father.

These promises can give you a great deal of assurance when you pray for salvation, healing and transformation into His likeness because God has already made it clear that it is His will that you come to Him to be healed and set free from the things of this world and the entanglements of the kingdom of darkness. All you have to do is pay attention to the other conditions (intimacy,

faith, God's glory, etc).

You can go higher than your feelings of powerlessness and abandonment and believe God's Word by a deliberate act of the will. You can practice believing that God is with you, even when He seems to have abandoned you. Why? Because He promised that He would *never* leave or forsake you (see Hebrews 13:5; Matthew 28:20) and because "the angel of the Lord encamps around those who fear Him, and He delivers them" (Psalm 34:7).

As you carefully guard your heart and mind by policing what you see, hear and do, God will point out many of the dangers that you may not have recognized (see 2 Corinthians 5:17; Ephesians 4:24; Colossians 3:10; Revelation 2:17).

In his book, *Passion for Jesus* (pp. 138-39) Mike Bickle explains what keeps us in pursuit of the "good gifts" of the kingdom:

When Jesus is revealed, a hunger for purity and righteousness is released. ... Hunger for purity is one response of a believer who sees the Lord in His glory. ... The greatest motivation for obedience to the Lord is a growing revelation of who Jesus is—His passions and pleasures and the matchless splendor in His personality.

Healing Your Emotions

It may seem to you that your life has been a litany of traumas, trials and losses. That's certainly how I felt during the first twenty-nine years of my life. But now that you've decided to forsake the things of this world and follow hard after God, there's hope. As you fully enter into covenant with Him, God wants to heal the damage and replace what you've lost.

If you missed out on bonding with your mom or dad and you are a teenager or older, it is developmentally too late for a human being to do that for you now. However, the One who created everything out of nothing *can* still do that for you! God the Father (who incorporates all the attributes of both mother and father) wants to "bond" with you. He'll do it directly during your moments of communion with Him. Ask Him specifically to do this and pursue Him earnestly. Over a period of months or perhaps years, you will see a miraculous healing in this area.

God will also use other healthy people to invisibly impart this deep bond from His heart to yours. He may do this in the context of men's or woman's groups, or even home fellowship meetings. You will find that in receiving prayers, hugs and affirmations from other believers during such activities, God will bring healing to your soul and your spirit. He will plant key people in your life who will represent in the flesh what He is doing in the Spirit.

For example, while attending a men's meeting at church one day, the pastor asked us to stand and hug someone. It was a frightening moment for me because all of my associations with hugging men were sexual and I did not want to ignite that old flame. However, the circumstance forced me to hug the guy standing next to me. He looked like Paul Bunyan - big, burly, kinda frightening. In fact, he was so huge that when we embraced, I literally disappeared under his arms.

It was comical in a way, but as he embraced me, suddenly he disappeared (in the Spirit) and God the Father took his place. It shocked and surprised me to find that the God that I hated, who I had sinned greatly against, was hugging me. In essence, God was using the arms of "Paul Bunyan" to impart His deep affection for me. In that moment, the fear that I'd had of the Father permanently vanished away.

If you missed having a good father during your childhood, remember that you have an extraordinarily good Father in heaven, who loves you, and who would never do to you what your earthly father did. You see, God the Father is a *perfect* Father. He is incapable of sin (see Deuteronomy 32:4; Psalm 18:30; Hebrews 4:15; 1 Peter 2:22). He is love itself (see 1 John 4:16). When you read of Jesus, you read also of the Father (see John 10:30; 14:9; Colossians 1:15; 2:9; Hebrews 1:3). He is the Father that you always wanted.

As you draw closer to the Father, His power will fill you and heal you, and you will become more and more like Him. You will take on His attributes: "God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline" (see 2 Timothy 1:7).

He will teach you to trust again (see Psalm 32:10), and He will bring you successfully to the ultimate expression of trust—relinquishing the control of your life to Him (see Proverbs 29:25 and Isaiah 26:3).

He will make up to you for the years that the locusts have eaten (see Joel 2:25) by purifying you (see 1 Corinthians 6:11) and returning your innocence to you. He declares:

I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put

***My Spirit in you and move you to follow My decrees and be careful
to keep My laws.***

(Ezekiel 36:25-27)

His love will help root out fear from your life and replace it with faith (see 1 John 4:16-18; 2 Timothy 1:7). And if there is anger behind the fear, as there often is, He will bring it to light so that you can repent of it and be set free.

The Lord God, who sees the heart (see 1 Samuel 16:7b; Jeremiah 17:10; Romans 8:27) and knows the root cause of your every emotional wound, will heal you precisely at the point of injury. He will not merely patch up old wounds, He will heal them at their point of origin. He will grow you up seamlessly, leaving only a remnant of damage to serve as a reminder of what He rescued you from and as a catalyst for further refining.

If sexual abuse was a source of your homosexual confusion, God will come to you in your times of deep intimacy with Him and heal the effects of those events. God will transfer His wholeness into you. He will not simply patch up the old person—He will make a new creation.

Emotional Dependency

Many people (no matter what their sexual orientation) have a problem with being emotionally dependent on others. Their personality and self-image is so weak or damaged, that they “bend” toward others emotionally in order to absorb a personality or identity, direction in life, or even a sense of justification for their existence. These unhealthy relationships are typified by extreme dependence and jealousy.

A dependent person will seek out someone who possesses the traits they feel they lack, and attempt to create a “best friend” or “lover” relationship. Often, the people they find are those who have an emotional dysfunction of their own - a subconscious need to be idolized. These people may appear to be successful and attractive, but they possess deep inner self-doubts. The attention and worship of their dependent friend helps medicate the pain of their own insecurities.

Sometimes an emotionally dependent person will attach to a healthy person through flattery, gifts, offers of help and prayer, etc. The healthy person naturally responds to such kindnesses with time and attention, but may soon discover that their new friend has emotional needs that are too deep to meet. If the healthy party lacks experience in dealing with emotionally dependent individuals, what starts out as a seeming healthy new friendship can turn into a frightening one.

In the homosexual community, emotional dependency runs rampant; it must almost always be dealt with in the healing process. Let’s examine part of Lori Rentzel’s brilliant booklet on the subject, as she answers the question: “why are dependencies hard to break?”

First, as painful as dependency is, it does give us some gratification. There is emotional security . . . a sense that we have at least one

relationship we can count on. . . . We also enjoy feeling needed. A relationship like this might add excitement and romance when life seems dull otherwise. In fact, the stressful ups and downs of dependencies can become addictive in themselves. Additionally, the focus on maintaining this relationship can provide an escape from confronting personal problems and responsibilities. Finally, many people simply do not know any other way of relating. They are afraid to give up the “known” for the ‘unknown.’

[Second,] we can’t see [dependent relationships] as sinful. The culture we live in has taken the truth ‘God is love’ and turned it around to mean ‘Love is god.’ Romantic or emotional love is viewed as a law unto itself . . . [and] dependent relationships seem beautiful, even noble, especially if there is no overt sexual involvement. . . . Also, we may not be able to see how dependent relationships separate us from God . . . the euphoric feeling masquerades as closeness to God.

Third, root problems are not dealt with.

Fourth, those who willingly enter dependent relationships become candidates for spiritual deception. When we ignore the Holy Spirit’s correction, we make ourselves vulnerable to satanic oppression.

Fifth, we don’t want to give up the relationship.

Lori describes several guidelines and suggestions for what the process of healing for emotional dependency might look like:

The path out of dependency involves . . . turning away from relationships which are based on serving our own needs . . . and learning new ways of relating as “new creatures in Christ” (2 Corinthians 5:17).

Begin by making a commitment to honesty . . . admitting we are involved in a dependent relationship and acknowledging the sinful aspects of that relationship.

The next challenge is being honest with another person . . . confess to them.

Begin gradually separating yourself from your partner.

We must also allow God to work. . . . If we confess to God that we are hopelessly attached to this individual and powerless to do anything about it and invite God to come in and change the situation, the Lord will not overlook our prayers.

Prepare for grief and depression. . . . If we allow ourselves to hurt for a season, our healing will come faster.

Cultivate other friendships. Discover God's vision for relationships. If we love others as God loves them, we will desire to see them conformed to the image of Christ.

Begin resolving the deeper issues . . . bring the whole thing before God in prayer . . . seek out the counsel and prayer of those God has placed in authority over us.

Prepare for the long haul. . . . We need to know ourselves . . . [and] our adversary . . . to be willing to believe God loves us, even if we cannot feel His love . . . to learn God's character through His Word . . . to stop blaming Him. . . . A close relationship with Jesus Christ is our best safeguard against emotional dependency.

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Practical Points on the Road to Recovery

When you have begun to develop an intimate relationship with God, He will begin to speak to you through inner impressions and even sometimes through a still small voice that seems to go directly into your mind and heart without benefit of the ears. He'll cause certain biblical passages to jump to life with direction and purpose for your situation, as if He had written them just for you that day. He'll cause you to hear the same message or point over and over again in a short period of time, or to have several people come up to you and say the same thing about something that has recently been on your heart and in your prayers. You will begin to get the impression that what you are praying for is what God Himself has put into your mind to ask.

In these and many other ways, God will begin to give you direction. Some of that direction will involve steps that He wants you to take in order to compliment the healing that He is bringing about within you.

As He reveals these steps to you, use them to starve the old nature to death! As God shows them to you, avoid the people, places and things that serve as "feeding troughs" for your sin nature. "If by the Spirit you put to death the misdeeds of the body, you will live" (Romans 8:13).

When you find yourself being sexually tempted, stop and ask God what it was that caused it. Then ask Him how you can avoid it the next time. Then ask Him to give you supernatural power against it, and speak to it as if it were a spirit and bind its power by the blood of Jesus Christ.

If pornography has been part of your problem, God will instruct you to throw all of it in the trash and not buy any more. He will steer you away from certain bookstores with adult sections or

even certain aisles of regular bookstores, where the “art books” or the calendars are displayed. He will show you how to guard your heart and mind from the salacious materials found in various apps and on the Internet. He may even tell you to avoid driving down streets where porn stores or other “triggers” are located—at least until your new man has been made strong enough to resist such enticements. Familiar spirits linger there—demonic powers who know you and how to push your buttons.

God may tell you not to buy certain “socially acceptable” magazines, like *GQ* or *Surfer*, or *Vogue*. He may tell you not to go through certain mail order catalogs any more, knowing that you spend most of your time gazing at the good-looking men or women rather than the clothes. He may tell you not to rent or view certain movies or those with specific ratings, or even watch certain television shows (the ones that feature actors who feed your idolatry).

The Lord will tell you not to drive in the neighborhoods where you used to pick up sexual partners or frequent places where you used to go to stare at the “beautiful people,” such as certain beaches or clubs.

He may tell you to forget about the gym or health spa. It does little good to surround yourself with naked men or women when you are trying to receive healing from a sexualized attraction to them. Part of your problem may have been a narcissistic love of your own body, as you observed it reflected in the many-mirrored walls of the gym. The last thing you need is to continue staring at yourself like that, or to go where other body-conscious people congregate.

God may tell you to stop picking up hitchhikers. After all, wasn’t it just a search for another anonymous sexual encounter that caused you to pick them up in the first place? Oh, I know that you have convinced yourself that you are now only concerned for their safety—so when you pass them by, make sure that you ask

God to protect them from harm and to provide them with a safe ride to their destination.

This is a hard one: God may tell you to give up certain friends—people who He knows will only pull you back into bondage or in some way impede your healing. You *must* trust that God knows exactly what He is doing. Take a tip from me: Always do what God asks you to do. He never asks you to do something that isn't for your good.

Surprisingly, He may ask you to stop hugging certain people, until He has built into you the ability to hug in a non-sexual way.

And this is the most difficult one of all: God will eventually point out to you your tendency to stare into the eyes of those who you suspect are sexually ambivalent or gay. You know the look—the one that asks the person if they are vulnerable to being seduced by you—the one that builds your ego by eliciting a blush—the one that used to assure you that you were all right because there were others out there who were looking for identity in the arms of another man (or woman), too.

The list of ways and places that serve to bring subtle and overt temptation is endless. If it's not going into public restrooms, then it's reading the graffiti on the restroom walls. Or maybe it's in watching certain professional sports matches, where you may have developed a habit of feeding on the sight of various athletes. Who knows? God knows. Listen to Him!

When all sexual activity outside of the marriage bed has been cast off, the unmarried man may find that the adolescent phenomenon of “wet dreams” returns. This is almost always accompanied by dreams in which immorality takes place. The presence of the immoral dream indicates that there still exists deep in the heart a “stronghold of sexual immorality” that demons can still access. If this happens to you, declare your desire to be freed from all love of immorality and command that the demonic stronghold be broken in the name of Jesus. Practice *hating* evil and *clinging* to what is good (Romans 12:9).

In a methodical but gentle progression, the Spirit of the Lord will bring all these things and more to light, as He attacks and destroys each stronghold left in you by the enemy. He will do it at the rate you can handle.

The greatest danger you face is your tendency to forge ahead of God to conquer these things by yourself. That is a big mistake, and you will eventually fall flat on your face if you try. Trust me. Save yourself a lot of time, effort and grief. Wait on the Lord to tell you when and how to deal with the more subtle components of your situation. “Unless the Lord builds the house, they labor in vain who build it” (Psalm 127:1, NASB).

God’s part is to bring the revelation and to supply the power and the authority—ours is to take up those tools and use them to put to death the old nature. We must “set our heart and mind” against the old sin-bred patterns of thinking, feeling and doing, and toward a love of purity.

Always keep in mind that purity is more powerful than lust or evil, just as God is infinitely more powerful than Satan. If you have been losing this battle, you can be sure that you have simply not decided that you want or value purity enough to “take it by force” (Matthew 11:12) and live by its power. That is the tragedy of so many believers’ lives.

Dealing With Loneliness

When you forsake a sinful lifestyle, one of the first things that will happen is that your friends (or former partners in crime) will desert you. They may not do it right away. They may wait politely for a while to see if you are really serious, but the day will come when you will realize that you are no longer included in the inner circle. There may even come a day when your so-called friends will present you with an ultimatum—either return to being like them or get out.

You see, they can no longer feel comfortable around you. An invisible though quite real barrier has been erected between you and them—a spiritual one. When you become born again, the Holy Spirit comes to dwell inside of you and you are a new creation (see 2 Corinthians 5:17; 1 Corinthians 6:9-11; John 14:16-17). You are now born of your Father in heaven (see 1 John 4:4-6), whereas your friends are still sons of their father, the devil (see John 8:42-47). You are no longer of this world (see John 15:19; 17:14,16). Your citizenship and allegiance is now in heaven (see Hebrews 12:22-23; Ephesians 2:19-22). You have become a stranger to this world, no longer loving the things of the world (see 1 John 2:15-17). This is highly convicting and therefore uncomfortable to nonbelievers. It reveals that an unseen spiritual battle is going on between the Spirit in you and the spirits who heavily influence your friends.

Consequently, you will have to deal with loneliness. This is one of the reasons the Bible tells believers not to forsake the assembling of themselves together (see Hebrews 10:24) where they can encourage one another. We need to be involved in Christian groups for social reasons as well as for growth and self-protection.

One of the greatest dangers in loneliness is self-pity. One sure solution is prayer, spending time with your Father. Another

antidote for self-pity is serving others. In serving, you will find an unending supply of friends and you won't have as much time to think self-pitying thoughts.

As a believer on the road to sexual health, you will have stopped spending your nights in the arms of other people. Your body will still crave the physical affection and sexual release that you used to have. This is where the development of intimacy with God becomes so very important. He can supply all your needs, (see Philippians 4:19), even physical ones. It sounds crazy, but it's true!

Ultimately, your loneliness will go away because you will have developed an awareness of His continual presence. You may be alone, but you will not be lonely. The only exception to this rule is the sense of incompleteness that can linger if you are not yet married and called to be so, as are most people.

Living With Celibacy

I don't want to minimize for a second the very real physical needs of someone suddenly thrust into a life of celibacy, whether temporary or permanent. It can be agonizing at times. For long hours, your body seems to scream for sexual release and physical affection.

Sometimes it's not so much the sexual release as it is the need to be held and stroked and affectionately reassured that you are loved by someone.

We live in a world where the pursuit of feeling and sensation is taught and reinforced every minute of every day—by our friends, our work mates, our radios, our TVs, our books, our movies and the Internet. To live without sex is to be abnormal, or weird. People suspect that you must have some secret perversion that you pursue on the sly, and their accusing silence pushes you toward compromise and rebellion against God. So much worldly pressure to satiate the senses makes it extremely difficult to maintain an eternal perspective about pleasure and sensation. We have to choose between the obvious benefits of the pleasures that we can see and those promises of a God we cannot see. We have to believe God, on the evidence of Christ's death on the Cross for us, that He truly does have our highest good in mind in asking us to follow Him, even when He takes us through the deep waters of self-sacrifice and self-denial.

Jesus Christ (who is our advocate before the throne of God) also lived a celibate life. He fully understands the physical needs that we have. Hebrews 2:17-18 tells us that Jesus was made like us in every way so that He could become a merciful high priest for us, and that He suffered when He was tempted and consequently is able to come to the aid of those who are also being tempted. Hebrews 4:15 carries this message.....

We do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Jesus referred to men who make themselves eunuchs for the sake of the kingdom of heaven (see Matthew 19:12). By this we see that God can neutralize the sexual needs that you have. Men “make themselves eunuchs” by fervent prayer for God to de-eroticize their body chemistry. They want to remain unmarried without constantly burning with lust so that they can be servants in the court of the King—preparing the bride (His Church) for the King’s pleasure without any thought of pleasure for themselves. God promises a wonderful reward for those who respond to this calling to give themselves fully to His service (see Isaiah 56:3-5).

Among the benefits of being single, the apostle Paul said it gave a person more time and singleness of devotion to the Lord (see 1 Corinthians 7:32-35). He encouraged it for those who did not burn with lust as a result (see 1 Corinthians 7:1,8-9,27; cf. Revelation 14:4).

The call to permanent celibacy for the purpose of a life of more concentrated devotion to the Lord is a solemn and holy one that should not be taken lightly (see 2 Timothy 1:9). We are all partakers of a heavenly calling (see Hebrews 3:1) to live in Christ and to do His will (see Ephesians 4:1-6; Philippians 3:14). But there are specific calls to ministry for each individual. So ask Him if He has called you to such a life (see Ephesians 1:18). Don’t presume upon the Lord’s wisdom by taking on a calling that is not intended for you, however. You will know that He has called you to be a eunuch in His court, at least for a season, when He responds to your repeated prayers to be relieved of your sexual urges.

If God is calling you to permanent celibacy, He will perform a miracle in your body to alleviate the hormonal torment of unrequited sexual desire. He will supernaturally complete you emotionally and spiritually in the way that the unity of a man and a woman in holy matrimony is designed to complete the image of God through that union. God will be your spouse. He will cause you to desire, honor and value the call, not out of an unhealed fear of sexual intimacy, but from a place of deep spiritual commitment. He will give you visions or other confirming signs. Provided you are fervently seeking His will for your life, in one way or another He will make it clear to you.

It is unlikely, however, that those who experience an ongoing fear of being called to permanent celibacy are truly being called to it.

For those of you who are single and not called to a life of permanent celibacy, there is good news as well. God can and does release people from overwhelming sexual urges for a limited period of time. There may be a marriage that He has planned for you sometime in the future, and He may, if you ask Him, decrease your sexual urges only for that period of time before the marriage. When the time comes to marry, He will return them to you. That is something worth asking for in this age of perpetual sexual temptation.

You may find, however, that you ask for help in this area and it never seems to come. Beware of the all-too-common trap of praying for deliverance from sexual temptations on the one hand while secretly feeding them on the other. Make sure you ask for sincerity in your prayers because we are forever asking God for things that, subconsciously, we really don't want.

For example, I had been praying for years for God to deliver me from a relatively minor sin and had gotten no relief. One night, the presence of God filled the room and I was instantly delivered

from it. Expecting to be overjoyed, my first thought was "Oh no!" In that moment, I realized that I'd never truly wanted permanent freedom from that sin. There was still a part of my heart that loved it. And indeed, I soon returned to it. Finally, some years later, I had matured enough to truly want permanent freedom from it, and He delivered me once again.

Be aware that God may have reasons for temporarily leaving you in a situation where you are being tempted or tested (see Deuteronomy 8:2; Hebrews 12:1-11; Romans 5:1-5; James 1:2-4; 1 Peter 4:1-2.) Remember that the Holy Spirit *led* Christ into the wilderness so that He would be tempted (see Matthew 4:1). Perhaps that is why Jesus told us to ask the Father not to lead us into temptation (see Matthew 6:13).

It may be that this area of sexual temptation is the only one that so plagues you that you actually turn to God for help on a regular basis. Do you think that the Lord is going to so quickly eliminate the only thing that causes you to come to Him?

God's primary objective is to develop an intimate relationship with you wherein He can impart spiritual life and gifts to you. In order for that to happen, you must regularly seek Him, just like you would any lover. So learn to seek after God regularly and fervently, even when you don't need something from Him. Seek Him just because you love Him and value His companionship. He can answer your prayer about the sexual area, because in providing relief for your need, He won't be cutting off your desire to come to Him.

Masturbation is, of course, a problem with many people who are single, and some who are married. I deal with that subject fully in my book, [The Sexual Healing Reference Edition](#).

Getting Married

Those who come out of a homosexual or bisexual environment usually don't make their background public to the people in the church—and for many very good reasons (see “Going Public” below). No one around them really understands the unique struggles that they are going through pertaining to dating and marriage. Consequently they are held to the same expectations as everyone else.

In most churches that means being barraged by well-intentioned couples with requests for relationship status reports. The not-too-subtle will simply keep asking, “So, when are you going to get married?” Others make a point of suggesting likely candidates on a weekly basis. And when you repeatedly ignore or refuse their suggestions, eventually you will see “the look” that asks, “What’s the matter with you?” The final and most humiliating stage is when they start guarding their kids, as if the only possible explanation for your lack of dating must be that you are some kind of closet pervert.

This kind of pressure often causes former homosexuals to begin dating before they are psychologically and emotionally ready. In an effort to avoid being branded a psycho-social misfit, they may try to forge ahead into relationships too soon, before learning the proper social skills or being healed of underlying emotional problems.

Many of our churches demonstrate a high degree of prejudice against unmarrieds. Singles are left out of many functions and made to feel like third wheels. This puts a great deal of pressure on everyone, but particularly on those who are secretly dealing with a background of sexual identity confusion.

Singles groups often exude an atmosphere of desperation. Every time you walk into one, you feel as though you are being

evaluated and dismissed by half of the people in the room. Grim (and misleading) statistics about the unlikelihood of women in their thirties ever getting married only add fuel to the fire.

Whatever you do, don't allow such pressure to cause you to do something you're not ready to do. To date (and worse, to marry) before you have received proper healing from the Lord can be a disastrous thing to do. Let God tell you when to do it. Getting married will not make you heterosexual. And allaying the church's fears about your background is not a reason to engage in any relationship.

If you are to marry, God has someone for you, and He will bring the two of you together at just the right time. He knows when you are healed and ready to enter a healthy heterosexual relationship. You must learn to trust Him and to hear His voice.

You may find this hard to believe right now, but God can take even the most hardened former homosexual and turn him or her into the most competent and loving spouse and parent that ever lived. After all, He created you! But marry God first, so that you will not go looking to someone else for those things that only God can give.

Going Public

Do you tell your new family of Christian friends about your homosexual past? The answer is both yes and no. Yes, you must tell someone in your spiritual family. Look for someone who is strong in the faith, who can keep a confidence, and who is sensitive to the struggle that former homosexuals face in the transition to heterosexuality. It may take you a long time to find such a person, but keep asking God to provide him or her for you. “Confess your sins to each other and pray for each other so that you may be healed” (James 5:16).

No, you do not necessarily tell everyone. It very much depends on the level of maturity of the people in your particular church. In too many churches, people are afraid of people who have been trapped in sexual sin—particularly homosexuality. If you share your “jaded past” with them, they may respond with fear and suspicion, and you may feel yourself being isolated. The oft-repeated consequence is that the former homosexual leaves the church in bitterness, believing that God has also rejected him or her.

On the other hand, there are many wonderful churches where the congregation understands, for the most part, that they are all sinners redeemed by grace. They believe in the power of God to redeem and restore even the most far-gone sinner to health and wholeness; and they who do not carry around a holier-than-thou arrogance about those who have fallen further than they have. This is the kind of church where the sharing of your past, at the appropriate time, can be a significant aid to your healing.

There is something marvelous that God does when we are open and honest about our shortcomings, when we expose the dark past and present of our lives. In that atmosphere of honesty, the light of truth is able to shine upon those formerly dark and hidden places, and the power of Almighty God can be brought to

bear in bringing significant healing in a relatively short period of time.

So, when you emerge from a homosexual or bisexual lifestyle, patiently await the Lord's signal that the time is right to share your past with an individual or with the church. And as with all sharing of testimonies, be careful to share it in such a way that God is the One being glorified—not your colorful past.

If you begin a relationship with someone of the opposite sex that you know has the potential of leading to marriage, it is very important to share your past with that person. This applies no matter what the former sin, because a marriage is supposed to be an intimate and complete knowing of one another—a picture and precursor of Christ's relationship with His Church. In that context, nothing can be hidden.

I'm not suggesting that you share every graphic detail of your past, but that you share the general categories of sin in which you were previously engaged and be willing to answer any more specific questions that your prospective spouse may wish to ask. He or she will let you know when you have shared enough. Indeed, after having witnessed your unsolicited transparency, you may very well be let off the hook from having to share the complete litany of sins. It is the honesty that your potential partner needs to see, and the willingness to be transparent, not necessarily the greater details of your past.

If you don't share your past with your mate, however, a day will come when someone will, and you will be faced with that awful look of betrayal in the face of the one you love. Trust will fly out the window and there won't be a thing you can do about it.

If you are convinced that you will lose someone if that person finds out about your past, it is far better to lose him or her now than to have your heart ripped apart later, after marriage.

If the one you are interested in cannot accept your past, that's not the right person for you anyway. You need someone who can know you completely and love you anyway. And if you believe that such a person can't exist, go to God in fervent prayer, and He just may surprise you.

In the meantime, there are a number of excellent para-church ministries for Christians who have sexual identity problems, such as [Restored Hope Network](#).

Preventing Homosexuality in Your Children

A parent who has had a sexual identity problem faces passing on that problem to his or her children. It happens invisibly and subconsciously, so it takes the illuminating power of God to show you where the danger lies and what to do about it. If you are seriously seeking God's healing and transforming power, you stand a good chance of learning how to properly father or mother your children in the area of sexual identity maturation just as you do in other areas.

Many of your actions and reactions, emotions and feelings come automatically from within your subconscious, which has been programmed in childhood and reinforced by subsequent behaviors and events. You don't even realize that you are doing them.

For instance, if you suffer from periodic homosexual feelings, you sometimes will avoid affectionate physical contact with your child for fear of becoming sexually attracted. Admittedly, the thought of responding sexually to your own son or daughter is a frightening one. But you must pursue God's presence and power to overcome this fear, because your children need physical affection and affirmation during their formative years lest they suffer the same lack of healthy same-sex bonding as you.

Children need their same-sex parents to affirm that they are fully accepted members of their gender group. They need to be complimented and encouraged. Time needs to be spent doing gender-identifying activities. They need to be kissed and hugged, thereby learning how to interact with someone of their own gender in a nonsexual way. If you don't give them these things, someone else will, and it just may be a predator.

Take care to protect your children from the pedophiles and ephebophiles that roam every public and private arena where

children can be found. This is a delicate tightrope to walk, however, since you don't want to be so overprotective that you provoke your children to seek freedom from you. In addition:

- Learn to pray regularly for God to protect them from things you can't see.
- Know your child's friends, and know their parents.
- Get to know the scoutmasters, coaches, teachers and others who spend time with your child when you are absent. Don't allow your child to "sleep over" with adults that you aren't absolutely certain of, no matter what their office or position. And since most molestations are at the hands of other children or adolescents, be cautious about leaving your child in the care of older children or teenagers.
- Don't let them go to adult health spas or gyms unattended. These are breeding grounds for pedophiles and ephebophiles.
- Never allow your child to hitchhike. The odds are that they will be picked up by a pedophile or ephebophile almost every time.
- Teach them about sex at the appropriate times and levels. Teach the biblical model and standards for sex and the grand vision for why God made us sexual beings. (For more on this, read our booklet called, [The Divine Marriage](#)). Make certain that you don't spend the whole time lecturing, however. Give your child freedom to express his or her feelings and questions on any topic whatsoever.

One of the biggest mistakes that parents make is to put a veil over certain subjects—to never mention them for fear of stirring an interest in the child or because the parent feels ill-equipped or embarrassed about the subject. If your children go out of the house having been sheltered from a knowledge of the dangers and deceptions that exist out there, (even in the smallest of towns), and if they have no idea how to defend themselves, they will be choice prey for all of the perverse influences that await

them. They will be like baby chicks in the claws of a chicken hawk. That's why men who prey on children are called "chicken hawks."

One thing is for certain, you can't be everywhere at all times. Even the Internet can be a dangerous hangout for pedophiles and ephhebophiles these days. So, it is vital that you teach your children the dangers of being approached by strangers and by known adults.

Give them social skills for avoiding potentially dangerous situations. Explain that if someone threatens them or anyone else with violence if they "tell," to come to you as soon as they can and tell anyway, and that you will inform the police about the molester. (Warn them, however, not to tell the molester what you are going to do.)

Teach them never to accept invitations from non-classmates to go to parties, sporting events or anything else until they first check with you. And then make sure you check out the situation carefully.

Teach your children how to escape from threatening situations. Make sure they memorize your home phone number and address and know how to contact the police.

Rather than simply rattling off rule after rule, instill biblical principles and try to elicit from *them* the correct responses to various situations. Teach them how to decide what is right and what is wrong. And don't forget that your life needs to be a model of those biblical principles. They will do what you do, not what you say or read from a book.

Let them know that sex is a healthy, God-given thing when kept to the marriage bed. If you make sex seem dirty, it will only serve to stir up their sin nature. If you make sex seem secretive, you will only increase their desire to uncover it to find out why. Any such "lawmaking" approach will backfire on you—for the law

kills, but the Spirit gives life (see 2 Corinthians 3:6). Support everything with logical reasons as to why your principles are important to follow. When they ask “Why?”—tell them.

At the appropriate times, teach your children about how to respond to sexual temptation and danger. Use your own childhood experiences, when appropriate, as examples of the consequences of wrong choices and the blessings of godly ones.

If you are sharing your homosexual past publicly, then you should share it with your children as early as possible. Talk them through their questions about it and their secret fears that they may “inherit” the problem.

Keep the family computer in the living room, den or kitchen where you can see what they are watching. Put porn-blocking software on your computer and preferably use an Internet company that blocks porn at the server level. If you allow it at all, monitor chat room usage very carefully.

Most important of all—cloak your children daily in fervent prayer. For the forces that want to destroy your children can only be defeated by the power of Almighty God.

This teaching is taken from Dr. Foster's volume: *The Sexual Healing Reference Edition*, which covers every major area of sexual sin and brokenness. It is available at a discount at: <https://www.masteringlife.org/shop/store/books/>

For further teaching on the primary causes for same-sex attraction read our "Essential Series" booklet entitled: *Primary Causes for Sexual Identity Confusion*.

Watch the documentary film, "[Such Were Some of You](#)" where dozens of former homosexuals bear witness to the power of Jesus Christ to effect one degree of change or another in those with same-sex attractions.

Watch the documentary film, "[How Do You Like Me Now? When a Child, Parent, Spouse or Sibling Says They're Gay](#)", where sexuality expert Joe Dallas provides vital teaching on homosexuality to friends and relatives of those who struggle with homosexual confusion, as they bear witness to their own struggle.

Watch the documentary film, "[TranZformed: Finding Peace with Your God-Given Gender](#)", where numerous experts as well as fifteen former transgender individuals also bear witness to God's power to heal and transform those who suffer from gender dysphoria.

About the Author

Dr. David Kyle Foster is the author of [The Sexual Healing Reference Edition, Transformed Into His Image](#), and [Love Hunger](#). He is the founder/director of [Mastering Life Ministries](#). Listen to his twice-weekly podcast at: <https://www.charismapodcastnetwork.com/show/purepassion>.

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